SAMSON'S SYSTEM :: AND METHODS ::

EXPLANATORY AND INSTRUCTIONAL.

THE GREAT SAMSON

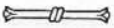
(ALEXANDER ZASS)

The World's Strongest Living Man

Breaks a Steel Chain with his Fingers.

DESCRIBING MY NOW FAMOUS No. 1 COURSE.

The Great Strength System without a Rival.



What I have accomplished already.

I have now been in England some considerable time and my stay (let me state not yet terminated) has been one of intense pleasure. Not only have I had the satisfaction of entertaining many thousands with my feats of strength, but—what, to my mind, is a matter of greater point—I HAVE BEEN ABLE TO MAKE OTHERS AS STRONG—OR ALMOST SO!

It is now history how I came to make my methods public property—or part of my methods, it would be more correct to say, perhaps—THUS SHOWING A NEW WAY OF DEVELOPING VERY GREAT STRENGTH. And it is also history that those who have availed themselves of my secret have made such rapid strides that, IN MANY CASES, THEIR STRENGTH BIDS FAIR ONE DAY TO RIVAL MY OWN. That some most assuredly will reach that degree of power, if they keep going on as they have commenced, seems certain. Judging by what has been accomplished so far, this remarkable result would only appear to be a matter of time.

Pupils confirm what I say.

REPORTS FROM PUPILS BEAR OUT MY CLAIMS—for have I not got the most wonderful collection of testimonials that it is possible to possess? Yes, it is indeed true that I have; and each day these testimonials grow in number, for these unsought tributes to the efficacy of my methods arrive practically by every post. The chain apparatus which I supply has had, in quite a number of cases, TO BE REPLACED BY STRONGER GRADES, the strength of some of these being considerably greater than I ever dreamed would be necessary in such a short time. All of which proves conclusively that when the Britisher undertakes

a task, he does make a real job of it—especially when he has a good example set him, and when his efforts are directed under skilled supervision.

I am not jealous, by any means! Rather, I am proud that it is the practice of my methods—AND MY METHODS ONLY—which, taken up with enthusiasm all over the country, has already worked such wonders in the physical strength of its manhood. THAT EVEN A STRONGER MAN THAN MYSELF WILL EVENTUALLY BE BROUGHT TO

SAMSON—Showing magnificent back development. (Note the thickness through of the chest).

LIGHT AS A RESULT seems a possibility far from remote. If and when this happens, the credit will be due to Samson and his system—AND TO SAMSON AND HIS SYSTEM ALONE.

Results come quickly by my methods.

A PUPIL, YOU SEE, DOES NOT HAVE TO WAIT THREE MONTHS BEFORE BEING ABLE TO RECORD PROGRESS. HE MAKES THIS RIGHT FROM THE

START! And, this being so, he is encouraged to persevere with redoubled energy. Also, his interest is continuously maintained, consequently, his enthusiasm never flags—two vital points which must always operate in all efforts to increase the power of the body.

When I study the reports that come in from my pupils and inspect the chain that they usually send back for me to examine AFTER THEY HAVE BROKEN IT IN EXERCISE, I ask myself the questions that I am now going to ask you: WAS THERE EVER SUCH AN OPPORTUNITY FOR THE BUDDING STRONG MAN TO GRATIFY HIS AMBITION? HAS ANY OTHER TEACHER OF PHYSICAL CULTURE EVER ATTAINED SUCH ASTONISHING SUCCESS IN SO SHORT A TIME? The answer to both these questions is NO!

My System the most efficient of all Systems.

I should like you to believe, though, that it is with no desire to boast that I make the foregoing statements. I do not claim that my System is the "last word," as you say here in England. No man can claim that with a clear mind. WHAT I DO CLAIM, HOWEVER, IS THAT IT IS ORIGINAL, ALSO THAT IT IS EASILY THE MOST SUCCESSFUL YET. And these claims I can justify. Of course, progress in teaching in every walk of life is always being made, for we live in a most go-ahead age—one in which most people seem very anxious to learn the best and easiest way of doing things. Efficiency—100% efficiency—is what the present generation is aiming at. Therefore, WHAT MUST INTEREST YOU, as a student of bodily development, IS THAT MINE IS, AT THE PRESENT TIME, not only the newest, but THE MOST EFFECTIVE METHOD BEING PRACTISED OF OBTAINING GREAT PHYSICAL STRENGTH AND MUSCULAR DEVELOPMENT; and what is of equal importance: IT IS THE SUREST POSSIBLE METHOD OF RETAINING BOTH.

The secret of my strength explained.

Many physical culturists possess large-size muscles, yet they lack something—something fundamental. Some possess it in a degree more than others, but they have not specialized in its training. Have you seen my performance on the stage? If so, you have probably noticed that my movements, when performing a feat of strength, are short ones. Some of my

feats require no movement at all. There is a reason AND, IN EXPLAINING IT, I GIVE YOU THE SECRET OF MY STRENGTH. Years ago, when I determined to become "The Strongest Man on Earth," I studied the methods of all the strong men I met. I studied their physiques and sought to learn why different feats produced different types of development. When I became satisfied that I had learnt sufficient to give me scope for something new, I decided on my plan of action and I trained on new lines. THE NEW METHOD WAS ONE OF WHICH ALL ATHLETES TOUCH THE FRINGE ONLY, BUT I DETERMINED TO THOROUGHLY EXPLOIT IT. I have been rewarded by success. What is it? Listen! I will tell you.

I am tendon-strong.

I AIMED, FIRST, TO DEVELOP THE UNDERLYING CONNECTIVE TISSUES RATHER THAN THE SUPERFICIAL MUSCLES. I DEVELOPED TENDON STRENGTH. The tendons are the cord-like media between the bones and the muscles. A large biceps is no more criterion of strength than a swollen abdomen is of digestion. It is the pulling tendon of the biceps that counts. AND SO ON THROUGHOUT THE WHOLE BODY THIS METHOD WAS EMPLOYED. Some men with thin legs are stronger than some with thick legs. Why? Because strength lies in the tendons. Those unseen tough sinews which are the second in strength and density only to the bones themselves. The tendons are the powerful fibrous attachments of the muscles to the bones. THEY ARE, IN SHORT, THE MASTER KEY TO THE STRENGTH WHICH OVERCOMES GREAT RESISTANCE. Without tendons one would possess no control over the body. There would be no rigidity, no steadiness of physical movement. They and their development are the secret of my strength. I am tendon-strong. Muscles alone won't hold horses back. Tendons will—and do. But they must be cultivated. Oh, yes. They must be developed. There is a way of increasing their strength, and that way, I claim in all modesty, I have perfected. Real, sound, and efficient is my method.

My knowledge can be yours as well.

AND NOW YOU KNOW WHY I AM STRONGER THAN OTHERS! You know also why some big men are not really strong. Tendon strength accounts for those thin-

armed boxers who, surprisingly, possess knock-out punches; and it is also the explanation of other forms of physical power wherein the performer does not look capable. Some men are born with stronger tendons than others. They are fortunate. BUT ALL CAN DEVELOP TENDON STRENGTH IF ONLY THEY KNOW THE METHOD. Will you take my advice? If so, I can further help you. I have so much to tell you—so much I find I can do for you in regard to this method of training—that it is an impossible task to do more than outline it here. It is far too great an undertaking and can only be wisely imparted according to individual needs. I have my own ideas of diet, breathing, sleep, rest, and many things appertaining to one's health and strength, some of which will be explained later in this literature.

Massive muscles useless without strong tendons.

My method, which only includes short physical movements, economizes in energy. It develops energy, but does not waste it, as some systems do. It is easily possible to develop the body and keep it supple and fit, without energy-wasting, arm-raising movements. I do not believe in big muscles UNLESS THEY ARE BACKED UP BY GREAT TENDON STRENGTH. One sees many physical culture enthusiasts with quite large muscles, but of what use are they unless supported by that essentially powerful tendon foundation? These men cannot employ their big muscles usefully in real tests of strength; therefore, they are only an illusion.

But I do not neglect muscular development.

MY METHOD WILL DEVELOP MUSCLE AS WELL AS TENDONS, and thereby furnish quite a respectable physical appearance, AS MY PHOTOGRAPHS SHOW. But these are real muscles—real strength muscles—obtained by my own unique way, not by ordinary exercises. They are full of power, and convey in appearance just what they can perform. I CAN MAKE YOU STRONGER THAN YOU EVER THOUGHT POSSIBLE. By this method the possibilities are enormous. Just a few selected short movements with special appliances. I have trained with these appliances for years, AND IT IS DUE TO THEIR WONDERFUL TENDON AND MUSCLE STRENGTHENING POWERS THAT I AM WHAT I AM TO-DAY.

These appliances are so unlike the usual physical culture appliances that, if you had seen them in a shop window without explanation, you would never have understood their purpose. I travel them with me always. They are not heavy. The use of them enables me, among other things, to break steel chains and to bend stout iron bars, unfaked in any way, around my chest and with my fingers. By their means I have also hardened my muscles to withstand enormous pressure without the slightest pain. My skin is like leather, as I show when I lie on those beds of nails, with the big stone on my chest. I WAS NOT BORN THAT WAY; I DEVELOPED IT.

How Weight-Lifters should improve their Powers.

In this country, I find, a great deal of interest is taken in weight-lifting—the "Iron Game," as you call it—which prompts me to say this: IF YOUR YOUNG WEIGHT-LIFTERS FIRST ADOPTED MY METHODS, how much better and HOW MUCH HEAVIER WEIGHTS THEY WOULD LIFT. You, in this country—thanks to the teaching of Mr. W. A. Pullum, the World's 9-stone Champion weight-lifter—have brought the science to a fine art. Just try my tendon-developing method and you will beat the world. Do not be afraid of developing those hard hands that come as well; they are an asset, inasmuch as nearly all feats of strength are performed through the medium of the hands. YOU CAN HAVE A GRIP OF IRON BY MY METHODS OF TRAINING. You want hard hands for driving nails through planks of wood—one of my most popular feats.

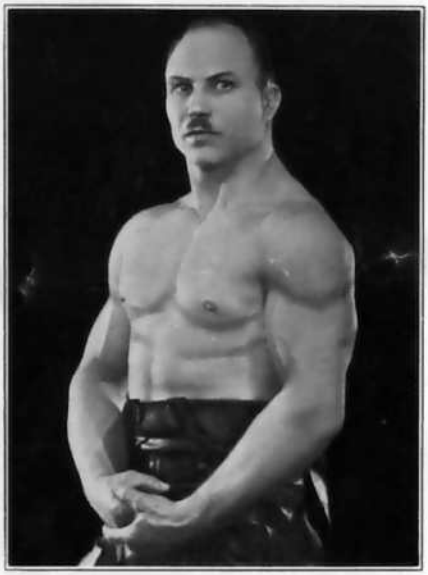
The hands, you should never forget, are part and parcel of your strength. It is more manly to possess hard hands and a strong grip than to have soft, flabby hands. I know mine are very, very hard and tough; but they look all right. DON'T FORGET YOU HAVE TENDONS ALL OVER THE BODY AND THAT THEY CAN ALL BE STRENGTHENED BY MY APPLIANCES.

In ordinary weight-lifting, I contend, the tendons are only partly used, as they must give way to allow the muscles free play of movement. They, therefore, do not get, in this branch of athletics, the full tension necessary to develop their greatest power. Tendons are best increased in tone and strength when they are called upon to exert their power against some almost immovable object. THEY GROW STRONGER WITH RESISTANCE MORE THAN WITH MOVEMENT. THEIR POSSIBILITIES ARE ALMOST LIMITLESS.

The man who could easily become the world's champion lifter would first develop his tendons and then his weight-lifting science. This would create a natural foundation and the weight then lifted would feel quite light and become easy to lift.

What I guarantee my System will perform.

That you are interested in my methods is shown by your application for the appliance and instructions by which you may test them. This interest I welcome; and I venture to



SAMSON—Showing extremely powerful development of the deltoids, neck, upper arms, abdominals, and pectorals.

(Note the thickness of the neck).

hope that it will be increased by the result of the test to that extent which will persuade you to give the complete system an earnest trial. I do not wish to say anything that may be regarded as an exaggeration, especially when it comes to a guarantee of what I can perform. But this much I both can and will say! BY THE PRACTICE OF MY No. 1 COURSE

THE WHOLE OF YOUR BODY WILL BE STRENGTHENED TO A DEGREE POSSIBLE BY NO OTHER MEANS. And the possibilities of your strength improvement will only be governed by your own resources. That is to say, THE MORE KEENLY AND CONSCIENTIOUSLY YOU WORK, THE GREATER WILL BE YOUR REWARD IN THE SHAPE OF BOTH VISIBLE AND INVISIBLE RESULTS.

The instructions are easy to follow.

So far as this Course of instruction is concerned, I HAVE SPARED NO PAINS OR EXPENSE IN ILLUSTRATING IT ELABORATELY, so that those who desire to undertake it will get full value for money in every way. THE INSTRUCTIONS WHICH ACCOMPANY THE ILLUSTRATIONS HAVE BEEN MADE QUITE EASY TO FOLLOW by the kind assistance of an English physical culture expert who has an extensive knowledge of teaching by medium of the post. Details of the Course, the appliances, and terms you will find on a separate sheet enclosed. Study these carefully and, if you wish to enrol, give all the information asked for on the form also provided for that purpose.

The proposition and the promise.

You now have a definite proposition placed before you! IF YOU WANT THE STRENGTH THAT I POSSESS, YOU MUST FOLLOW THE METHODS I EMPLOYED TO GAIN THAT STRENGTH. And, as my knowledge is shared by no other man, it is not out of place to remind you that I AM THE ONE MAN TO SHOW YOU HOW BEST TO EMPLOY THOSE METHODS. Will you give me the opportunity to do this? If so, fill in the Enrolment Form, which will be placed before me by my secretary at the earliest possible moment and which will also, I promise you, receive my most careful consideration and attention. EACH CASE IS DEALT WITH STRICTLY ON ITS INDIVIDUAL MERITS AND EVERY EFFORT WILL BE MADE TO MAKE YOU TRULY ANOTHER SAMSON.

One thing you should never forget.

Remember, Samson, like Hercules, although a title of inspiration, is but a name after all. IT DOES NOT MEAN THAT STRENGTH CAN ONLY BE POSSESSED BY THE BEARER OF SUCH AN APPELLATION. Be your

name Smith, Jones, Cassidy, or McDonald, whatever your nationality or wherever you live, it makes no difference whatever. YOU ALL HAVE THE SAME CHANCE. So long as you possess the quality of positiveness—the quality which took men like Sandow, Aston, and Pullum to the top—you possess the great essential item. NOTHING STOPS THE REALLY DETERMINED MAN OR YOUTH—THE INDIVIDUAL POSSESSED OF THE WILL TO WIN.

How to assemble and apply your forces.

Direct, then, your mental and physical faculties as follows: (1) The Desire; (2) The Will; (3) The Application; (4) The Continuance of the Application; and (5) The Best Method of Application Throughout. In other words: THE SAMSON SUPER-STRENGTH SYSTEM.

DESCRIBING MY NEW AND NOVEL No. 2 COURSE.

A really genuine Muscle-Bulk Building System.

This, an entirely distinctive Course from the one just described, would probably have never been assembled and put out for universal practice had it not been for the countless requests relative to same made to me during my tour of the British Isles. "MY WORD, WHAT WONDERFUL MUSCULAR DEVELOPMENT YOU POSSESS! HOW ON EARTH DID YOU GET IT?" has been said to me, in effect, thousands and thousands of times. Upon answering that my development is solely due to the practice of certain unique exercises—designed and perfected by myself years ago—immediately I have been met with requests that I should disclose these secret exercises. In other words, put the System of which they are a part before the public in the same way as I have my tendon-developing, pure strength-gaining methods.

Continental athletes put utility before appearances.

Truth to tell, the interest shown all over this country in the development of the body has very much surprised me. On the Continent, you must know, we do not display half the interest in it that you do here. That is to say, we pay more attention to what the muscles can actually be brought to do—to the feats of strength and skill that they can be made to perform—than what they really look like. Of course, we always aim at getting a good development, if only for show purposes. BUT IT MUST BE A USEFUL DEVELOPMENT—ONE CAPABLE OF ACCOMPLISHING THE THINGS THAT IT INDICATES COULD BE ACCOMPLISHED. Development for development's sake has no place in our idea of things.

Those who have read through what I have already said, both in this Folio and the several articles I have written on the subject, know that I do not advocate the development

of massive muscles UNLESS DUE ATTENTION IS PAID ALSO TO THE ALL-IMPORTANT STRENGTH OF THE TENDONS. But if and when this is done, then my objections to muscle-bulk are removed, as THE GREATER THE EXTENT TO WHICH DEVELOPMENT IS THEN TAKEN, THE GREATER THE POWER THAT IS GAINED.

How No. 2 Course makes bigger and stronger muscles.

THE DISTINCTIVE FEATURE OF MY No. 2 COURSE IS THAT MOVEMENT ENTERS INTO THE EXERCISES, THE MUSCLES THEREFORE BEING BROUGHT INTO ACTION AS WELL AS THE TENDONS. The principle of No. 1 Course is, as has already been explained, resistance! In other words, the muscles operate somewhere between their least and greatest length, thus throwing the heaviest amount of work on to the tendons, the power of these being opposed to one of the strongest forms of resistance. In this No. 2 Course, however, the method changes. Movement takes place over the full distance that the limbs and trunk are capable of travelling, thus throwing the heaviest amount of work on the muscles. Consequently, they are exercised more than the tendons; AND BECAUSE OF THIS, THEY GROW IN POWER AND BULK ACCORDINGLY.

How I proved what my Course will do.

TO WHAT EXTENT THE MUSCLES CAN BE MADE TO GROW BY THE SYSTEMATIC PRACTICE OF THESE NOVEL EXERCISES OF MINE is conclusively proved, and in an extremely interesting manner, by the following :—

In the November of 1924 I was appearing at Southsea, a suburb of Portsmouth; and, while there, I received a visit from Mr. W. A. Pullum, who had called, he informed me, for the express purpose of checking the genuineness of one of my feats, namely, that one in which I allow a horse and a number of men to walk over me while I lie under a bridge, supporting the entire weight on my chest. After the feat had been witnessed at close quarters, I invited Mr. Pullum—and Mr. Aston, who was there also—to come round to my dressing-room for a chat. This both these gentlemen did.

SAMSON AND HIS GREAT BRIDGE FEAT.—With the bridge resting on his chest—and on his chest only—the World's Strongest Man endures the passage over it of sixteen heavy men. Also, it will be noted, he is willing to let them pause and pose for the camera.

Messrs. Aston and Pullum check my measurements.

While there, the conversation turned on the subject of measurements and their comparative values, and Mr. Aston suggested that I should allow him to measure me with a steel tape that he happened to have in one of his pockets. Without demur, I agreed, and the following figures show what Mr. Aston made my then limits to be—figures which I agreed were correct, as also did Mr. Pullum and my manager and another friend who was present:—

MY MEASUREMENTS ON NOVEMBER 13TH, 1924.

(Taken at the Southsea Theatre of Varieties.)

NECK: normal, 17-in.; expanded, 18½-in.
CHEST: contracted, 38½-in.; normal, 42-in.; expanded, 47-in.
WAIST: normal, 31-in.
BICEPS: right, 15½-in.; left, 15-in.
FOREARM: right, 12-in.; left, 12-in.
THIGH: right, 23⅛-in.; left, 22½-in.
CALF: right, 14¾-in.; left, 14⅝-in.

After entering these in a little book, Mr. Aston expressed some surprise at the various sizes recorded, taking, as he said, my rather light weight (11-st. 2-lb.) into consideration. At this I smiled, stating that they did not represent the figures I could touch if I so wished. You see, I knew what measurements I had reached before. AND THAT I COULD GAIN THEM AGAIN BY THE SAME METHODS I FELT SURE.

What I guaranteed to do.

Upon hearing what these were, Mr. Aston and Mr. Pullum evinced great interest. So, to confirm what I had stated, in case there should be any doubt in their minds, I agreed to increase the size of my chief measurements by a total of not less than 10 inches in one month. AND TO SHOW THE CONFIDENCE I POSSESSED IN MY OWN METHODS, I EXPRESSED MYSELF WILLING TO FORFEIT THE SUM OF £10 FOR EVERY INCH THAT I MIGHT BE UNDER THE TOTAL STATED AT THE END OF THE TIME LIMIT. I knew I should be in London both before and on that date, so it would be quite easy for my measurements to be verified. I was informed,

however, that no one present wished me to commit myself so far; and, therefore, just as I have stated, the matter was left.

At the appointed time Mr. Pullum and Mr. Aston visited me once more, this time at the Metropolitan Theatre of Varieties, Edgware Road, London; and after my measurements had been again taken by these gentlemen, several other reputable witnesses being present also, THE FOLLOWING WERE THE FIGURES THIS TIME THAT THE TAPE RECORDED :—

MY MEASUREMENTS ON DECEMBER 11TH, 1924.
(Taken at the Metropolitan Theatre of Varieties.)

NECK : normal, 18¼-in. ; expanded, 19¼-in.
CHEST : contracted, 38½-in. ; normal, 43½-in. ; expanded, 49-in.
WAIST : normal, 31-in.
BICEPS : right, 16½-in. ; left, 16⅜-in.
FOREARM : right, 12⅞-in. ; left, 12⅞-in.
THIGH : right, 25-in. ; left, 25-in.
CALF : right, 15½-in. ; left, 15½-in.

A most notable and very creditable performance.

From the above measurements you will observe that I not only put on the agreed 10 inches, but that I EXCEEDED THE FIGURES FIXED BY 2⅞ INCHES. This, both Mr. Pullum and Mr. Aston said, was a most notable and very creditable performance; one that they would have hardly considered possible—bearing in mind my already fairly large measurements—had they not satisfied themselves so very completely.

You can always rely on what I say.

The fact that I was able to accomplish this seemingly remarkable feat provides striking proof that WHEN I CLAIM ANYTHING REGARDING MY SYSTEMS, IT CAN BE TAKEN FOR GRANTED THAT WHAT IS SAID IS TRUE—that there is no exaggeration. To some it may seem, at times, as if this is being indulged in a little; but such a belief is totally false. I only state what is correct. Exaggeration of any item I never indulge in, nor do I encourage it.

The same increase in proportion is possible for you.

NOW WHAT WAS SO EASILY POSSIBLE FOR ME TO DO IS, IN PROPORTION, JUST AS EASY FOR ANYONE ELSE TO ACCOMPLISH—PROVIDING THAT THEY SET ABOUT IT IN MY WAY. I say "in proportion" because some men, in a perfectly natural state, weigh less than I do, and such men cannot, of course, be expected to put on the same amount of muscle-bulk. Also, everyone has not the same amount of time to spend in practice as I have; but, all the same, astonishing improvement can be made. To what extent, rests largely with the man himself—just as it does when he undertakes my tendon-developing method.

An opportunity to test for yourself.

And just as I give anyone interested an opportunity to ascertain the merits of my tendon-strengthening Course, SO I PROVIDE A SIMILAR OPPORTUNITY TO TEST THE EFFICACY OF MY MUSCLE-BULK BUILDING COURSE, sending, for the purpose, a similar appliance accompanied by clear instructions, the latter, of course, it is understood, being of a quite distinctive character.

The needs of every man can be met.

The Samson muscle-bulk building Course, briefly, provides for the material development of the body in an absolutely original way, the movements which go to make it up ensuring that two-thirds of the energy expended is devoted to building up the tissues of the muscles proper, the remaining one-third securing additional tendon strength to that already possessed. THE IDEA, YOU SEE, MOST SATISFACTORILY MEETS THE NEEDS OF ALL PARTIES CONCERNED. If a man has already taken No. 1 Course and has thus strengthened his tendons, this No. 2 Course will act principally upon those parts not primarily affected by the practice of the former exercises. On the other hand, if a man desires heavier muscular development first, preferring to leave the acquisition of greater tendon strength till later, by the practice of this No. 2 Course his desires can be gratified right away.

So that there shall be no mistake with regard to what is claimed on behalf of each system, the distinctive objects for which they are designed are here, once again, set forth :—

The main object of my No. 1 Course.

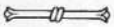
THE No. 1 COURSE—which is the only System I have allowed to be advertised prior to the publication of this new Pose Folio—IS PRIMARILY A STRENGTH-PRODUCING SYSTEM. All the exercises included in it have the principle of resistance as their basic factor, the tendons thus being strengthened and developed more than the muscles. The muscles benefit, of course, and hundreds of pupils have already reported substantial gains in same. But muscular development is not the main object. THE TENDONS COME FIRST IN THIS COURSE.

What my No. 2 Course is designed to accomplish.

THE No. 2 COURSE—of which no announcement has been made previous to this time—IS PRIMARILY A MUSCLE-BULK BUILDING SYSTEM. Every exercise included in it has the principle of movement against resistance as its basic factor—not resistance against resistance, as in the former Course. The tendons benefit, of course, as resistance enters into each movement. This, however, is a secondary result. INCREASE IN SIZE OF THE MUSCLES AND IMPROVEMENT OF THEIR TONE ARE THE MAIN IDEAS WHICH HAVE BEEN KEPT IN MIND IN THE ARRANGEMENT OF THIS COURSE.

SAMSON LIFTING A MOTOR CAR AND PASSENGERS.—Grasping the rim of one of the rear wheels, Samson experiences no difficulty in raising clear of the ground a car containing fourteen passengers. This particular feat was performed outside the South London Music Hall, S.E.

ADVICE ON EXERCISING.



Prompted by the desire to help every reader of this Folio as much as possible—whether he decides to become a student of my methods or not—I am here going to give a little advice on the various forms of exercises that are followed in this country. If this advice is put into effect by those who practise these particular forms of exercise, the efficacy of same will be considerably increased.

FREE EXERCISES.

First of all, I will take what I know as Free Exercises; that is to say, exercises performed without the aid of any apparatus.

The principal drawback to these, it has to be said, is that too many movements are required before any noticeable increase in size is created, which means that valuable energy is wasted. THIS WASTAGE DRAINS THE VITAL POWERS, ultimately bringing about a condition which the wise man will always seek to avoid. BUT THERE IS AN ANTIDOTE FOR THE OUTLINED EVIL, though, which will also dispel the monotony so often experienced by those who practise systems of this nature. Set about free exercising, if you like the method, this way :—

Know your muscles and how to use them.

Assuming that you have a fairly good knowledge of the work and position of all the principal muscles of the body—A THING, OF COURSE, WHICH EVERY PHYSICAL CULTURIST MUST HAVE IF HE HOPES TO BE SUCCESSFUL—practise tensing the muscles; singly at first, then in groups; and, finally, altogether. Rather difficult, you may be inclined to think, perhaps! But not so difficult as is believed, once you get down to it.

How best to perform Free Exercises.

Then perform your exercises with as many muscles tensed as possible, using only a few movements. BY THIS METHOD YOU WILL GET BETTER RESULTS, SAVE TIME, SAVE ENERGY, AND DEVELOP A CONTROL OVER YOUR PHYSIQUE WHICH SHOULD RESULT IN A SUBSTANTIAL GAIN OF STRENGTH. But do not tense ever to that point where you feel yourself positively vibrating. Apply all tension gently. In other words, learn the art gradually.

CHEST EXPANDERS.

This also is a form of exercise popular with a great number of people. In the ordinary way, the elastic is pulled out till the arms are extended, then allowed to close back, either slowly or quickly, according to the manner in which the antagonistic muscles are controlled. Excellent in a way, BUT HOW FAR DO MOST PEOPLE GET IN OBTAINING REAL STRENGTH BY THIS METHOD? Not far, you can take it from me, whatever anyone may say to the contrary.

In all expander movements, it must be conceded that it is a physical impossibility to stretch the machine beyond the full double arms' extension. Therefore, when at this length of stretch, the rubber or steel strands have served their purpose, as the flexion of the muscles used in opening the machine is completed. VERY LITTLE WORK DO THE TENDONS GET BY THIS ORDINARY METHOD most people will realize for themselves after giving the subject a little thought.

If you try this way, you try my way.

To get better results, tie a piece of stout cord to the loops of the handles, the cord to be of a length which barely permits the arms to lock fully when extended. If this is fixed securely, when you stretch the strands out you will come up against the resistance of the cord just as the elbows are about to lock. Force hard against this resistance, and continue to do so. Ultimately, you will find that the cord will give sufficiently to enable you to fully extend the arms, your tendons all the time being thus given some useful work

to do. IN THE RESULT YOU WILL BECOME CONSIDERABLY STRONGER IN THE MUSCLE ATTACHMENTS OF THOSE PARTS OF THE BODY THAT ARE AFFECTED BY THE USE OF THE EXPANDER.

WALL EXERCISERS.

How to increase their effect.

Apply the same principle as described in Free Exercises. Tense the muscles before commencing a movement, and keep them so throughout, relaxing only on completion of the exercise. THE SAME SAVING OF TIME AND ENERGY WILL RESULT, WHILE GREATER STRENGTH AND CONTROL OF THE MUSCLES WILL BE GAINED.

BARBELL EXERCISES.

In proceeding to give advice under this heading, I desire no one to imagine that I am attempting to pose as a weight-lifting expert. The science of this branch of athletics I make no claims to understand, for I have never studied it to that extent. Moreover, I quite realize that IN MR. W. A. PULLUM, THE WEIGHT-LIFTING WORLD HAS A MAN WHO CAN TEACH IT ALL THAT THERE IS TO KNOW WHERE THE ART OF THIS BUSINESS IS CONCERNED. But the principles of weight-lifting, I think, I understand as well as anyone. Therefore, around these—and around these only—my advice will centre.

Weight-Lifters should be tendon-strong.

IN WEIGHT-LIFTING, THE TENDONS SHOULD BE USED AS MUCH AS POSSIBLE. It is a strong man's pastime; therefore, the things that make a strong man must be used. And to use the tendons most effectively, full movements should not be too freely indulged in, practice being conducted along the lines of short, difficult movements. For example, in the lifts that Mr. Pullum describes in his book—"Weight-lifting Made Easy and Interesting"—as the fundamental lifts, efforts should be made to raise heavier weights than the lifter knows he can comfortably manage. THE CORRECT POSITIONS AS LAID DOWN BY YOUR ASSOCIATION, THE B.A.W.L.A., SHOULD ALWAYS

BE ADHERED TO, of course; and this means that you will possibly not succeed in completing the lift or lifts with the poundage that I am advising you to try. Never mind that! YOU WILL GET MUCH STRONGER BY EMPLOYING THIS METHOD; so much, that you will do better than you would have done under ordinary circumstances. And as I take it that you are keen to progress, by this way you will accomplish what you are anxious to do.

How to strengthen one bunch of tendons.

As an instance, it shall be supposed that you can lift a weight of 70-lbs. in correct style on the lift known as the Rectangular Fix. Well, try more—say 80-lbs., or even 90-lbs. You will probably only move it about half the distance, but that is nothing to be discouraged over. Just keep trying to raise it higher and higher while still preserving the defined carriage of the body. IN THIS WAY YOU WILL STRENGTHEN THE TENDONS OF THE FLEXOR MUSCLES OF THE UPPER ARMS AMAZINGLY.

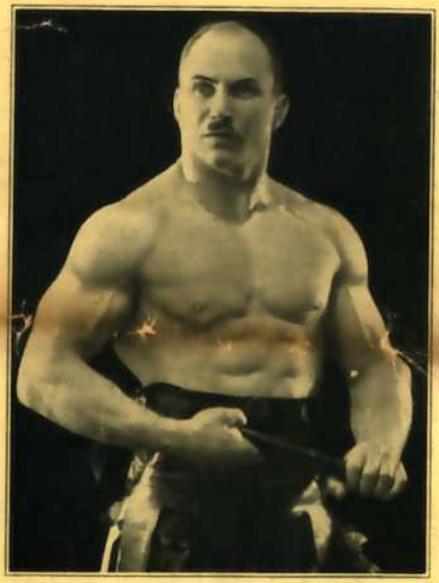
Some more simple examples.

The same principle applies to "dead lifting," "holding out in front," the "lateral raisings," "pulling over at arm's length," and "slow curling," &c. In the Dead Lift, when performed with two hands, THE TENDONS OF THE HAMSTRING MUSCLES WORK STRONGLY, and in a somewhat lesser degree the same parts are affected in the single-handed lift. In the Hold Out in Front, THE DELTOID ATTACHMENTS ARE STRENGTHENED; the pectoral attachments are tested strongly in the Pull Over at Arm's Length and Lateral Raise—Lying, BOTH DELTOID AND PECTORAL ATTACHMENTS BEING EXERCISED by the Lateral Raise—Standing, and Crucifix. The Two Hands' Slow Curl acts strongly on THE TENDONS OF THE POWERFUL FLEXORS OF THE UPPER ARMS.

The Samson System always spells success.

If those who are interested—really interested, I mean—in the developing and strengthening of the body care to put into practical execution the few little hints I have given in the

foregoing lines, they will have cause for congratulation, FOR THEY CANNOT FAIL TO BENEFIT THEREBY; and when they have reached that point where further progress seems impossible, then they should remember that there is always the Samson System—THE SYSTEM WHICH MAKES THE HITHERTO APPARENTLY IMPOSSIBLE QUITE POSSIBLE.



SAMSON—Showing a massive torso, the terrific strength of which is indicated clearly, even in repose.

(Note the thickness of the big chest muscles).

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